Mr. McIntyre Physical Education Calamity Bag #4

Funner To Be A Runner K-6

Last week you completed a Pre-Test for Funner To Be A Runner. I asked you three questions to consider. Below are the three questions.

1) Did you give your best effort on the test?

2) Did you complete the slow 45 second jog for more than half of the minutes?

3) Did you complete the fast pace 15 second jog for more than half of the minutes?

If you answered a NO to any of the three questions we want to take a closer look to see if we can improve this area. It is possible that you answered a YES to all three questions. If this is the case we want to be critical to determine which questions we will most likely have the best opportunity to improve.

Here are 4 things you can do to improve your running or any other physical related activity:

1) Perform the activity as often as possible. This is referred to as **Frequency**. The more often we perform the activity the better chance we have to improve our technique if done properly. We want to strive to exercise daily.
2) Perform the activity at 60-80% of your maximum heart rate. This is referred to as **Intensity.** This zone helps improve cardiovascular health. To determine 60-80% find your pulse or heart and count the number of beats for 10 seconds. Strive to be in the range of 21-28 beats during this time.
3) Perform the activity for 60 minutes a day. This can be done in smaller chunks in as little as 10 minutes at a time. This is referred to as the **Time** component in an exercise program.
4) The last consideration is the **Type of Exercise**. Doing something every day is important to improve cardiovascular health. However, the more specific the activity is to the competitive exercise the better. Many things can help you improve. For example, riding your bicycle can help your running but running itself will improve your running the most.

On the next page is a table that will help you to improve your running. The two variables we are going to consider the most are **Time** (relevant to question #2) and **Intensity (**relevant to question #3). **Frequency** and the **Type of Exercise** are also very important. Remember to strive to exercise daily and perform the competitive exercise as often as possible. At times, it is a good idea to change things up and do an exercise that has some of the same benefits as the competitive exercise but offers a novelty change to keep exercising fun.

For the next few weeks I will provide a goal for you to strive to meet. Based on your fitness level you may or not be able to meet the goal. The goal is going to be a guideline but is not set in stone. I will provide a weekly goal and a final goal to reach by the end of the program.

Grade	Weekly Intensity	Weekly Time	Final Intensity	Final Time
K	Boys-1:20 Girls-1:35	1 minute	Boys-2:00 Girls-2:05	3 minutes
1	Boys-1:15 Girls-1:30	2 minutes	Boys-1:55 Girls-2:00	4 minutes
2	Boys-1:10 Girls-1:25	3 minutes	Boys-1:48 Girls-1:55	5 minutes
3	Boys-2:10 Girls—2:25	4 minutes	Boys-3:40 Girls-4:08	6 minutes
4	Boys-2:05 Girls—2:20	5 minutes	Boys-3:30 Girls-3:58	7 minutes
5	Boys-2:00 Girls-2:15	6 minutes	Boys-3:20 Girls-3:48	8 minutes
6	Boys-1:55 Girls-2:10	7 minutes	Boys-3:10 Girls-3:38	9 minutes

The weekly intensity is for 200 meters for K-2 and 400 meters for 3-6. Students should attempt to perform 200 meters or 400 meters **two times** with a 3 minute break in between. The weekly time is a time limit to run without walking. The emphasis is on developing a sense of pacing. Remember these times are only guidelines. You may be able to perform at a higher or lower level depending on your fitness levels. Once the student has performed the above he/she may continue some lighter running activities or other activities all together. Remember to set a goal of exercising 60 minutes a day.